

# CALIFORNIA'S SELF-DETERMINATION PROGRAM

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By Judy Mark

Government Relations Co-Chair



# SELF-DETERMINATION PROGRAM

- Provides regional center consumers and their families with more control and flexibility over the services and supports they need.
- Voluntary program that provides consumers with an individual budget to purchase the services and supports they need to implement their Individual Program Plan (IPP).
- Based on a 15-year old pilot program in which almost 200 individuals tested self-determination in 5 regional centers.
- Successful pilot program led to this expansion throughout California.
- Traditional regional center services will continue to be provided to consumers who don't participate.

# TIMELINE

- It will take several years for Self-Determination to be fully running
- **December 31, 2014** – DDS applied for federal Medicaid funding to establish and fund the program. Could take 4-6 months or more to get approval.
- **2015** – Self-determination programs will begin planning stages at all regional centers based on DDS guidelines and advice from local advisory committees.
- **Sometime in early 2016** - After federal approval, the program must be available in every regional center. For the first 3 years, the number is capped at 2,500 individuals throughout the state.
- **After three years** – The program will be available to all eligible consumers with no limit on the number of participants.

# ELIGIBILITY

- Participant must:
  - Have a developmental disability;
  - Currently be receiving regional center services or be a new regional center consumer;
  - If under age 3, must be qualified through the Lanterman Act (not Early Start);
  - Live at home, in the community, or in a group home; and
  - Be a responsible participant.
- Self-determination is available regardless of qualifying disability, race, education, income, or native language.



# PERSON-CENTERED PLANNING

- Process, directed by individual and/or family, to identify the strengths, capacities, preferences, needs and desired outcomes.
- Individual must be at the center of the plan and its development.
- Planning process will lead to the creation of short- and long-term goals in collaboration with those the individual has identified to support meeting those goals.
- Can be led by an Independent Facilitator. Family and supporters who attend are invited by the individual.
- Mandated by federal government.

# SERVICES THROUGH SELF-DETERMINATION

- Wide range, including traditionally funded services and unique supports to fulfill IPP and life goals. Can “think outside the box.”
- Services need not be “vendored,” meaning having a contract with a regional center. Providers can work for and support consumers in areas that they have been unable to under often strict regional center guidelines.
- Can access some services that were previously suspended or limited by the California legislature for budget reasons, such as social and recreation programs, camp, non-medical therapies, and respite.
- Services and supports funded through self determination must qualify for federal matching funds – the choices are more wide ranging than what traditional consumers receive.
- Cannot choose a service that could be paid for by another government agency (a “generic service”).

# INDIVIDUAL BUDGET

- The individual budget is the amount of funding available to the participant to purchase the services and supports they need to implement their IPP.
- For current regional center consumers, the budget will equal the total expenditures (not authorized services) made by the regional center on the participant's services during the past 12 months.
- This amount can be changed by the IPP team if there is a change in circumstances or there are prior needs that were unaddressed in the IPP.
- The Individual Budget will not be increased to include additional funds for the Independent Facilitator or Financial Management Services.

# THE INDEPENDENT FACILITATOR

- Participants can hire an Independent Facilitator to assist them and their family with the person-centered planning and IPP processes.
- The Independent Facilitator (I.F.) should know about available services and be able to “think outside of the box.”
- The I.F. can advocate and negotiate at IPPs and with service providers.
- The I.F. is paid from the Individual Budget or the I.F. can be their regional center service coordinator or a family member or friend.
- The I.F. cannot provide services to the participant and cannot be employed by an agency providing services.



# FINANCIAL MANAGEMENT SERVICE

- Required to manage funds in the individual budget and pay for services and supports.
- Vendored and independent from the regional centers.
- Provide a monthly accounting of spending.
- Advise on the hiring of service and support workers and ensure employment laws are being followed.
- Can be used as employer for individual support staff.

# SAFETY

- Individuals or staff from agencies who provide direct personal care services must submit to a criminal background check.
- Participants can also request that any other provider submit to a criminal background check.
- The cost of the background check is paid by the person undergoing the check or their agency.

# MAJOR DIFFERENCES BETWEEN TRADITIONAL AND SELF-DETERMINATION PROGRAMS

**Who decides what services and who provides them?**

*Traditional:*

Regional Center & IPP Team

*Self-Determination:*

Consumers and/or their families

**Who pays the bills?**

*Traditional:*

Regional Center

*Self-Determination:*

Financial Management Service

**Responsibilities of consumers and families:**

*Traditional:*

Participate in IPPs

*Self-Determination:*

Trainings, planning, work with  
FMS, supervise staff/agencies

# MAJOR DIFFERENCES BETWEEN TRADITIONAL AND SELF-DETERMINATION PROGRAM

**Do service providers need to be vendored (authorized) by the regional center?**

*Traditional:*

Yes

*Self-Determination:*

No, except for the FMS

**Who monitors the quality of service providers?**

*Traditional:*

Regional Center

*Self-Determination:*

Consumers and/or families

**What kind of services can be provided?**

*Traditional:*

Subject to restrictions by legislature and preferences of regional centers

*Self-Determination:*

Wide range of services including those that are restricted, such as social/recreation and camp.



# HOW IS THE SDP DIFFERENT FOR PROVIDERS?

- New opportunities to provide services that don't fit into regional center vendor categories.
- Will bill the FMS, not the regional center.
- Accountable to consumers and families, who provide quality assurance. More like typical marketplace.
- Must individualize program and tailor to consumer.
- Likely fewer written reports (regional center will not require but families might).
- Will have to work with Independent Facilitators.
- Most providers will need to get new criminal background checks for the SDP.
- Programs must meet new HCBS rules for settings.
- Need to think outside the box.